

Newsletter

Respect Resilience Reliability Resourcefulness



flexible Learning Centre

JULY 2023 · TERM 3 · ISSUE 3

From The Principal

I hope this newsletter finds all in good health and high spirits as we welcome you back to Term 3. It's wonderful to have our students and staff members back at school with energy and excitement once again.

Unfortunately, during the holidays, one of our buildings was broken into. While the intruder caused minimal damage, and the authorities are actively investigating the incident, we would like to remind everyone to stay vigilant and report any suspicious activity to the school

administration. The community's support in maintaining a safe and secure learning environment is greatly appreciated.

At Seymour FLC, we believe in fostering a supportive and caring community for our students and families. We understand that times can be tough, and are pleased to announce that our partnership with Foodbank has allowed us to expand the range of food items available to those in need. If you, or someone you know, could benefit from this service, please allow us to assist you discreetly. Let's continue to support one another to ensure no one goes hungry.

As part of our ongoing commitment to providing a safe and inspiring learning environment, we are delighted to inform you that several building works are currently underway at the school. New roofs are being installed on a number of buildings, which will enhance their structural integrity and improve insulation. These improvements will contribute to a more comfortable and conducive space for our students and staff.

Many of you are aware that our school experienced significant damage due to a recent flood. We want to express our gratitude to our dedicated maintenance team and contractors who have been tirelessly working on the repairs. While the restoration process is still ongoing, we are making steady progress in bringing the affected classrooms back to their former state. Providing a safe and engaging learning environment for our students remains our priority and we will continue to update you on the progress being made. I would like to express my sincere appreciation to the entire Seymour FLC community for your ongoing support and patience throughout these challenging times. Your understanding and resilience are truly commendable, and I am proud to serve such a caring and united community.

If you have any questions or concerns about the recent break-in, Foodbank support, or ongoing building works, please do not hesitate to contact the school office. Staff members are here to assist you and provide any necessary information or guidance.

I wish all students a successful and fulfilling Term 3. Let's make the most of our time together, fostering a positive and inclusive environment where everyone can thrive. The Seymour FLC actively promotes the safety of students, and staff are committed to protecting students from abuse or harm in accordance with their legal obligations, adhering to Child Safe Standards.

Shane Elliott

Important Dates

29 Aug – RAMS (for selected students)

4, 17 & 31 Aug —Bluearth

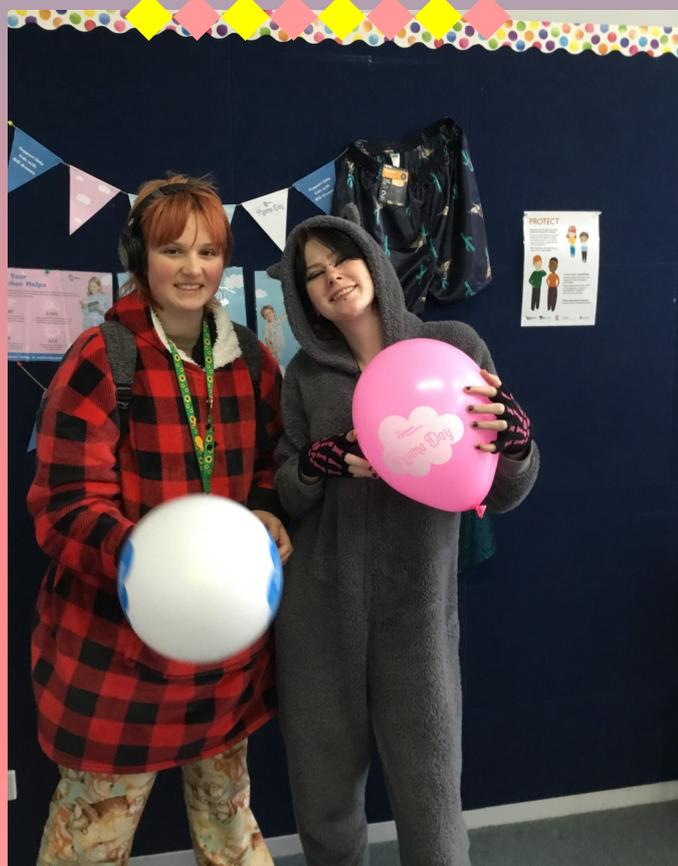
14 Sept—Bluearth

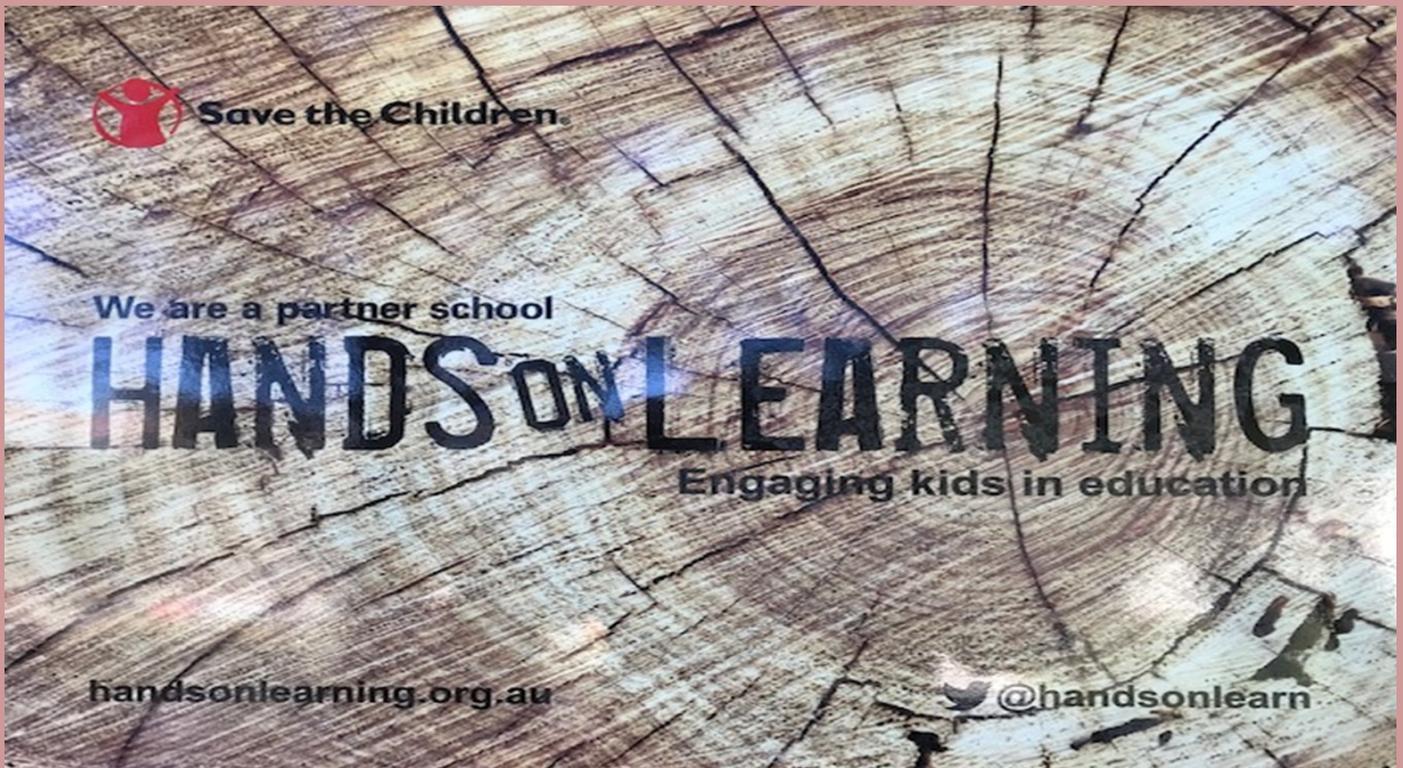
REMINDER!

the 28TH of July
is a
'Student Free Day'



On Friday 21st of June, we wore our favourite pair of PJ's to help The Pyjama Foundation raise much-needed awareness and funds for children in foster care.





Project 1—Installing a sprinkler system in the SFLC garden

Hands on Learning and Save the Children joined forces to make it possible for more young Australians to stay engaged and connected to school and improve their educational and life outcomes.

The program allows students to partake in practical projects like building or repairing infrastructure, or running a café, to develop confidence, self-awareness, collaboration, problem solving, communication skills, and empathy.

Body Kind Schools is Australia’s largest annual positive body image movement for young people (aged 11-18 years) providing free and engaging activities to help young Australians find ways to be kind to their own body and to others. Body Kind Schools is just one part of Butterfly’s Body Kind initiative to create environments which support body confidence for all.

BodyKind

FAMILIES

Butterfly understands how tough it can be for teenagers to feel accepting and confident in their bodies. We also know it can be hard for parents to know what to say or how best to support their teen.

Body Kind Families offers a range of resources and important tips for parents of teenagers on supporting positive body image and being BodyKind.

TO FIND OUT MORE:
WWW.BUTTERFLY.ORG.AU/BODYKINDFAMILIES



Includes practical tips and information to help with:



Responding to your teen’s negative body talk



Building resilience to social media pressures



Talking to your teen about appearance and weight



Encouraging healthy eating & exercise behaviours



What to do if your teen is struggling

In a world where we can be anything, let’s be *BodyKind*

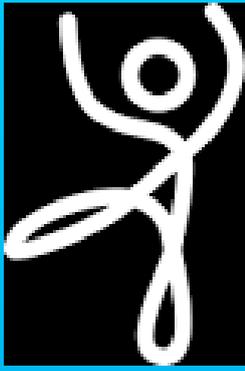
Concerned about someone?
 Butterfly’s free and confidential National Helpline can support you.

Phone Email Webchat
 1800 33 4673
www.butterflynationalhelpline.org.au



www.butterfly.org.au education@butterfly.org.au





BLUEARTH

move more, live better™



We care less about competition, and more about positive participation experiences that develop skills and motivation to embed lifelong healthy habits for Aussie kids to play, jump, run and generally be more active. This is key to reversing the predicted dire health outcomes and to improving educational out-

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect





Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:







DELIVERED BY



Find out more at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

YOU MITCHELL YOUTH SERVICES

Mitchell Youth Rooms are fully supervised, free, safe and inclusive spaces for all young people aged 12-18. Youth Rooms run during school terms.



Teen Fitness

WHEN: Tuesdays, 3:30-5pm

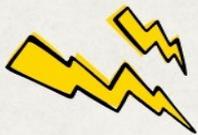
WHERE: Seymour Youth Room

WHAT: Get active with a range of sports equipment, supervised by a qualified fitness instructor! If a workout isn't your vibe then hang out, grab a snack and listen to some tunes.



U-KREW

Come join U-KREW for a free feed, chill out, yarn and meet others from the area



THE
Bridge
Youth
SERVICE

You between
12-17years old?

Looking for
something
to do?

For more info,
call Kristy on
(03) 5831 2390
0408 507 887

Wednesdays weekly 3.45pm - 5.45pm

Chittick Park Community Place
Seymour - Taungurung Country

WHAT'S ON IN SEYMOUR

MENTAL HEALTH AND WELLBEING SUPPORT

SUPPORT SERVICES

Triple Zero (emergency)*	000
Beyond Blue*	1300 224 636
Lifeline*	13 11 14
Kids Helpline*	1800 551 800
SuicideLine*	1300 651 251
Suicide Call Back Service*	1300 659 467
Mensline Australia*	1300 789 978
Mental Health Crisis Line*	1300 785 347
1800 RESPECT*	1800 737 732
Yarning SafeNStong*	1800 959 563
Rainbow Door	1800 729 367
Qlife	1800 184 527
Nurse On-Call*	1800 60 60 24

* 24/7 Services



ONLINE SUPPORT

Mitchell Shire
<https://www.mitchellshire.vic.gov.au/services/community-health/>

Head to Health
<https://www.headtohealth.gov.au/>

eHeadspace
<https://headspace.org.au/eheadspace/>

SANE Australia
<https://www.sane.org/>

Bite Back
<https://www.biteback.org.au/>

Reach Out
<https://au.reachout.com/>

Headspace
<https://headspace.org.au/>

Qlife
<https://www qlife.org.au/>

Friendline
<https://friendline.org.au/>

MindSpot
<https://mindspot.org.au/>



WELLBEING DIRECTORY



Created by Sarah and Emma

LOCAL SUPPORT SERVICES

- Ask Izzy - <https://askizzy.org.au/>
- Berry Street - <https://www.berrystreet.org.au/>
- Beyond Housing - <https://www.beyondhousing.org.au/>
- The Bridge Youth Service - <https://thebridge.org.au/>
- Child and Adolescent Mental Health Service - 03 5832 2160
- FoodBank - Broadford - <https://www.facebook.com/broadfordlivingandlearningcentre>
- Freedom Care Kilmore - <https://freedomcare.org.au/>
- Goranwarrabul House - 03 5793 6100
- Kilmore and District Hospital - 03 5734 2000
- Love in Action Broadford - <https://www.facebook.com/groups/110497049644489/>
- Love in Action Wallan - <https://www.facebook.com/groups/165934793859725/>
- Nexus Primary Health - <https://www.nexusprimaryhealth.org.au/>
- Seymour Health - 03 5793 6100
- Wellways - <https://www.wellways.org/>